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## PHYSICAL CULTURE COOK BOOK

By BERNARR MACFADDEN  
with the collaboration of  
MILO HASTINGS

Every dish recommended between the covers of this book is not only scientifically sound from a health-building standpoint, but is delicious as well. Food, to be really beneficial, must please the palate.

Careful consideration has also been given to the money cost of food and the time cost of its preparation. There are hundreds upon hundreds of specific recipes, each of which has been carefully worked out and tested, with full instructions for selecting, combining, cooking and serving.

There are helpful chapters on such subjects as the selection of a complete and balanced diet—how to know when foods are pure—how to test for impurities and adulterations—how to arrange and equip the kitchen—how to economize on foods and cooking—new, quick ways of preparing meals—newest methods for the proper canning of foods—typical physical culture menus, etc.

The scope of this work is so great that a different meal can be prepared from it for every day of the year. The book is handsomely illustrated with many photographs—most of them in colors.

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## Announcement

All products advertised on this page have been indorsed by Milo Hastings as health foods.

## FOOD AND HEALTH PROBLEMS

ARE EASILY SOLVED BY MILO HASTINGS' PHYSICAL CULTURE FOOD DIRECTORY

To help our readers get more benefits from our food for health campaign, we have arranged for a special edition of this 150-page book, which rates all foods for their effects on Vitality and Disease Resistance, Growth and Weight Gaining, Reducing Weight, Energy and Strength, and the Prevention of Constipation.

This FOOD DIRECTORY by  
MILO HASTINGS sent post-  
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## What Is Over-Eating, and How to Tell When We Are Eating Enough

If You Want Health and Long Life You Must Learn How Much to Eat As Well as What to Eat, and You Must Work It Out for Yourself, For What Is Over-Eating for One Man Would Be Under-Eating for Another

By MILO HASTINGS

I frequently get letters from people who want me to tell them how much they should eat. I don't blame these people, for they have been told of the dangers of over-eating and reminded that most people dig their graves with their teeth, and all that sort of thing, and they naturally get to worrying about the question of over-eating.

Sometimes the worry comes the other way. People start out to diet for some purpose or other and their conventional friends begin trying to scare them out of it by telling them they are starving themselves. Even the papers are full of headlines about women who starved themselves trying to reduce, etc.

### Varying Circumstances

So that unless one feels very sure of his ground, his faith begins to weaken the moment he tries to exist on less food than his friends eat; and he begins to wonder whether he is eating enough.

For a given individual who has certain habits of bodily activity and uses certain kinds of foods there is an ideal amount of such food that he should eat. Let us assume the ideal amount of food in such a case is twenty-five ounces a day. Then obviously thirty ounces a day would be too much and would result in certain conditions that would be injurious to health and efficiency. Likewise, twenty ounces of food a day would not be enough and would result in different but also injurious effects.

### Few Standards

Lesser departures from the ideal amount would cause less serious results and greater departures would have more serious effects—all of which principles should be self evident, yet few people have thought it out clearly.

No matter how expertly versed in the science of nutrition a dietitian may be, he cannot advise a man he does not know personally and cannot watch from day to day at all definitely in regard to how much he should eat.

There are many reasons why this cannot be done. One is that there is no practical way to measure and tell in simple language what constitutes a given effective quantity of food.

Foods vary so widely in their nature, chiefly according to the water content and units of measurements. A "dishful," a "small portion," a "large potato," etc., are about as accurate as an effort to



MILO HASTINGS

tell the other fellow how pretty the girl was you met the night before.

### Effect of Exercise

But even if we had absolute units of measuring food quantities that were practical, it wouldn't help us much, because the variability of the food requirements of a man are even harder to get at.

Scientists working in laboratories have found out that the food requirements with a given degree of bodily activity vary with the area of the surface of human skin! But none of you people are reporting how many square feet of skin you have and so we don't get anywhere with that either.

Even if that were known there still is another very uncertain element and that is the amount of exercise you take. In respect to its food requirements this varies widely in individuals who are seemingly doing the same work or engaged at the same play.

The professional walker does not work as hard as the amateur when the two are walking at the same pace. Some people work their muscles trying to keep still. Some hearts work faster than others, and the heart action is a big part of the daily total of muscular exercise taken by a man, because the heart runs twenty-four hours a day.

### How Nature Helps

All these complications mean that we can't reduce the question of the individual amount of food required to any practical science, but we can reduce it to a practical art. Nature helps us in this art. In fact, nature had the art pretty well perfected before man stepped in with his upsetting scheme of civilization and unbalanced the works.

Appetite is given us to cause us to eat and to tell us when to stop eating. With your wild animal with a normal food supply continuously available it works out nicely. But take a cow and shut her up in a stable all winter and feed her dry fodder. Then turn her out in a field of green corn and the cow is likely to founder. She eats till she is nigh to bursting and gives herself a terrible case of indigestion.

### Instincts Confused

Civilization presents many such situations that confound our in-

stinct of appetite. Lessened physical activity decreases our need for food and sometimes without a corresponding decrease of appetite or too much loss of appetite. Grinding, cooking and liquefying foods, discouraging mastication, also make it easy to eat too fast and so overeat.

The artificial flavoring and blending of food flavors and the creation of wholly new food flavors add other elements of confusion to instinct.

On the whole the habits and foods of civilization tend toward overeating—until the overeating or wrong kind of eating results in the impairment of digestion, and then we get the opposite effect of lack of appetite and loss of digestive power and consequent undereating and undernutrition.

So our world is full of people who overeat and people who under-eat, and both conditions make for unsightliness of the human form and for disease and shorter lives.

### Watch Your Mirror

The two most practical guides to the quantity of food any one should eat are one's appetite and one's mirror. The appetite may be perverted and tell lies, but the mirror won't—unless it's one of those curved ones. The mirror is better than the scales to tell you how much you should weigh, and whether you have been over or under eating.

But the scales are more accurate than the mirror to tell you how you are making out in an effort to correct the error. You should strive to eat enough food to bring your body to the condition of weight that gives it the greatest beauty of form, based on well developed muscles, but without surplus fat.

The modern ideals of fat-free bodily form are sound. Only the insane ideas of how to attain them that are promoted by fakers and tried by fools are unsound.

### Age Makes Difference

But even within the range of bodily form and weight that might seem right to you, there is still a considerable range of the amount of food that can be eaten.

It has been proved that it takes a variation of one-third in the amount of food eaten to cause a permanent variation of one-tenth in the body weight, so you see there is quite a range in food quantity for what would be considered a permissible range of weight.

Furthermore, we can state it as a pretty well established principle that people in early life should eat rather toward the top of this range, and in later life should eat nearer the minimum of it.

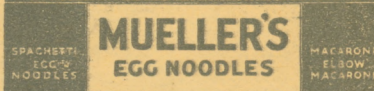


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